

Be Funny, Because That's How Your Momma Raised You!

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By Boyd Troublerr

If there is no reason to be funny in this life well then there is no reason to live. Humor is absolutely essential for life, love, and liberty. How does humor give you life?

Well studies have shown that to laugh is to live, literally. The more people laugh, no matter how it is produced, the healthier they are. Health was measured in these studies on both the psychosocial mental health sort of way AND the physiological basis on a biochemical level. People were shown to have more hope, to be more resilient in tough circumstances, and to have lower levels of stress the more they were able to laugh and see the humor in life. Now you might be saying to yourself well MAYBE they had more to laugh about with more hope in a better future. I mean what comes first they chicken or the egg? Good point! Except that they found that even the same person who was measured before and after artificially produced laughter and smiles—and they found the same result! So, if you want to be healthy then you'd better be funny too. Yeah, but how is humor essential for love?

You've heard the expression couples that play together stay together. Well once again people looked into this issue and tried to determine what about play made a relationship stronger. You'll never guess what they found! That's right it was actually couples that laugh together stay together. They found that the association between strength of relationship and play was really a function of how much laughter there was in the play. After all, usually you are having fun during play and therefore often are laughing. It makes sense doesn't it? If you are healthier like we established in paragraph I (especially the mental part) than you are better suited to deal with all of the work that it takes to make a relationship strong. So really this follows a logical line. Ok, Ok, so how does liberty have anything to do with laughter. Are you saying that to be funny is to be free?

Yes! That is exactly what I am saying. This is more philosophical than scientific but intriguing none the less. Follow me here, if you cannot laugh at yourself than you are telling your self there is not freedom to make error. Don't get me wrong errors are not good, especially if you are a surgeon or a fighter pilot. But there is something to be said for staying loose. If you have to be perfect in everything than you can never relax, and this is a bad thing when trying to avoid making the big mistakes. Think about it if you don't have the freedom to be funny, than you don't have the ability to relax, and you are going to make more mistakes under that pressure.

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Boyd Troublerr loves teaching others how to be funny because he knows what a difference it has made in his life. Do you want to be funny? Go to

<http://www.befunnynow.info>

Did You Hear The One About The Funny Quiz That Was Walking Past a Graveyard?

By Brian Fong

Q. My company publishes a monthly employee newsletter. My boss asked me to write a funny quiz. I'm not exactly a stand-up comic. Help!

A. Ah, the funny quiz. Lucky you! It's not often that a company has an official sense of humor that they are willing to display for all to read. This is going to be a great assignment for you!

A funny quiz is typically one where the questions and answers have no real purpose other than to make the quiz taker laugh. Although almost anything goes, there are some taboo subjects. Off hand I'd say that anything that pokes fun at a specific person, or groups of people, as well as anything that's anti-semitic, racial, sexual, political, or religious should be off limits. Remember, what one person thinks is funny can offend someone else. Even seemingly innocuous subjects like "hillbilly" or "redneck" jokes might not be funny to someone who lives in the mountains or the deep South (like I do).

You can think of a funny quiz as a series of one-liners with multiple-choice punch lines. Because you are writing for a company publication you have a built-in "affinity group" as there is bound to be some common subjects that are company related and could be made into something funny.

For example, if you work for a software development company then you might have a question that asks:

What's longer: A CEO's week or a programmer's week?

If you're not laughing then you have never had a programmer tell you that the project will be ready in a week.

You need to walk a fine line even when using subjects like this in your funny quiz. Say that your company just posted a 4th quarter loss because a new software product missed its launch date by a "programmer's week". It doesn't take a rocket scientist to determine that you are about to tick off a lot of people if you add that question to your funny quiz.

Try to avoid wornout jokes or cliches. A funny quiz should be funny, not lame. For example, still on the software train of thought, a question like...

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Q. How many programmers does it take to change a lightbulb? A. None. They don't do hardware.

...is older than the mystery meat in that Tupperware container in the back of the lunchroom refrigerator. No one is going to laugh at that one. No laughing = not a funny quiz!

The best thing to do is to keep an eye out for humorous, safe things to poke fun at and then write a funny quiz question. My advice is to start right now and don't wait until one hour before deadline. The

only thing that's less funny than a lame funny quiz is no funny quiz at all!

Brian Fong runs the popular quiz site

<http://www.QuizFaq.com>

Quiz Faq – Your solutions for the quiz.

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